

Official Health Care Partner



UAB MEDICINE

ORTHOPAEDIC SURGERY

Amit Momaya, MD

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PATIENT NAME:

PROCEDURE:

DATE OF SURGERY:

PHYSICAL THERAPY ORDER – Capsular Release / Debridement

Phase 1 (MOTION)

Week 0-6

Sling for 1-2 days for comfort only

Work on elbow/wrist/hand/finger motion immediately

Begin active scapular retraction/protraction exercises with therapist cueing

Edema and Pain control

PROM/AAROM/AROM of shoulder in all planes; progress to full quickly

Gentle rotator cuff/scapular stabilizer exercises

Phase 2 – (RESISTED)

Week 6-12

Global strengthening program of upper extremity including rotator cuff exercises and scapular stabilizers